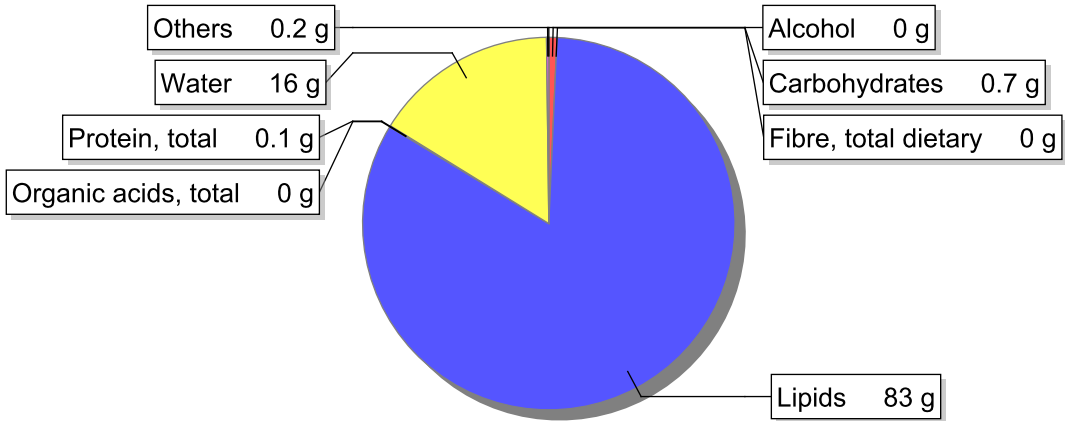


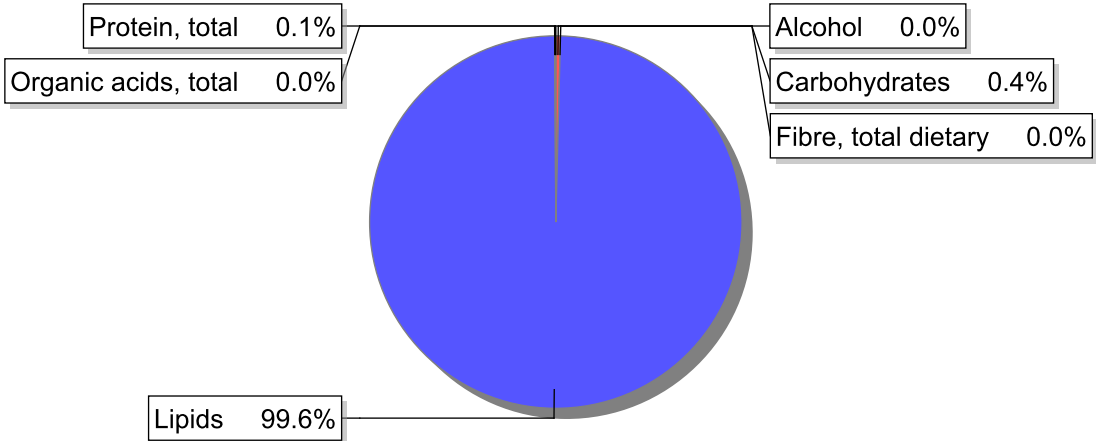
Food

Name: Butter, unsalted
Group: Olive oil, oils and fats
Subgroup: Fats
Edible Part: 100%
Code: IS386
FoodEX2 Code: A039C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	750	kcal	
energy kJ, total metabolisable	3080	kJ	
fatty acids, total saturated	47	g	57
fatty acids, total monounsaturated	19.2	g	57
fatty acids, total polyunsaturated	2.4	g	57
fatty acid 18:2 n-6 cis,cis	2.0	g	57
fatty acids, total trans	3.3	g	
sugars, total	0.7	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.7	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	0.1	g	57
alcohol	0	g	57
water	16	g	57
organic acids, total	0	g	
cholesterol	230	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	565	µg	
carotene, total (vitamin A precursors)	45	µg	
vitamin D	0.7	µg	
alpha-tocopherol	2	mg	
thiamin	0	mg	
riboflavin	0.02	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.01	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	0.20	g	
sodium	8	mg	
potassium	15	mg	
calcium	15	mg	
phosphorus	24	mg	
magnesium	2	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB